



SINGAPORE
**HEALTH &
BIOMEDICAL**
CONGRESS 2023

TRANSFORMING FOR A HEALTHIER POPULATION

12 - 13 October 2023 | Singapore EXPO

SHBC2023 PROGRAMME GUIDE



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SHBC2023 PROGRAMME OVERVIEW (Day 1: 12 Oct 2023, Thursday)

Day 1: 12 Oct 2023, Thursday				
LOCATION	ROOM (TBC)	ROOM (TBC)	ROOM (TBC)	ROOM (TBC)
0845 - 0855	'Live Workout' led by NHG Physiotherapists			
0900 - 1030	Opening Ceremony & Symposium 1: Transforming for a Healthier Population • Keynote + Panel Discussion			
1030 - 1100	Teabreak			
1100 - 1230	Track 1A: Advances in Health Behavioural Studies	Track 1B: Primary Care Forum	Track 1C: Globetrotting – Lived Experiences in Population Health	Track 1D: ACSI: Journey from Clinicians to Scientists and Innovators
1230 - 1400	Lunch & SHBC Poster Village Presentation (Accepted Abstracts)			
1400 - 1530	Symposium 2: Title TBC • Plenary + Panel Discussion			
1530 - 1600	Teabreak			
1600 - 1730	Track 2A: Communication in Healthcare: Voices and Perspectives	Track 2B: Primary Care Forum	Track 2C: Mental Resilience	Track 2D: Decoding the New Generation of Healthcare Professionals



SHBC2023 PROGRAMME OVERVIEW (Day 2: 13 Oct 2023, Friday)

Day 2: 13 Oct 2023, Friday				
LOCATION	ROOM (TBC)	ROOM (TBC)	ROOM (TBC)	ROOM (TBC)
0845 - 0855	'Live Workout' led by NHG Physiotherapists			
0900 - 1030	Symposium 3: The Built Environment & Health • Plenary + Panel Discussion			
1030 - 1100	Teabreak			
1100 - 1230	Track 3A: Built Environment for Health	Track 3B: Design Thinking in Nursing (Workshop)	Track 3C: Beyond 50 Years of Rehabilitation Care Excellence	Track 3D: Community Nutritional Screening (Workshop)
1230 - 1400	Lunch & SHBC Poster Village Presentation (Accepted Abstracts)			
1400 - 1530	Symposium 4: Harnessing Technology For Health • Plenary + Panel Discussion			
1530 - 1600	Teabreak			
1600 - 1730	Track 4A: Digital Health for Patient Care	Track 4B: Revolutionizing Healthcare: Exploring Medtech, Biotech Innovations for a Healthier Future	Track 4C: Precision Medicine - Precision Diabetes & Metabolic Health	Track 4D: Venous Leg Ulcer – A Prospective Effort (Workshop)



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 1: 0900 – 1030hrs	Room TBC

Opening Ceremony + Symposium 1

#	Programme	Speaker
1	Welcome Address	Prof Philip Choo Group Chief Executive Officer, National Healthcare Group Senior Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital
2	Keynote Address	Mr Masagos Zulkifli Minister for Social and Family Development and Second Minister for Health
3	Plenary Address: Being Human, Can We Change?	Ms Elena Altieri Unit Head, Behavioural Insights Unit, World Health Organisation

Symposium Leads	Prof KK Luke Professor, School of Humanities President's Chair in Linguistics, Nanyang Technological University
	Adj Asst Prof Sabrina Wong Deputy Director, Clinical Services Senior Consultant, National Healthcare Group Polyclinics

#	Programme Breakdown	Speaker/Panellist
4	Panel Discussion: Being Human, Can We Change?	Moderator: TBC
		Ms Elena Altieri Unit Head, Behavioural Insights Unit, World Health Organisation
		Panellist TBC
		Panellist TBC
		Panellist TBC



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 3: 1400 – 1530hrs	Room TBC

Symposium 2: TBC

Symposium Title TBC

Symposium Leads TBC

#	Programme	Speaker/Panellist
1	Plenary Address: From Model T to Tesla: Health System Transformation For Health and Value	Dr Robert Fields Executive Vice President; Chief Clinical Officer; Beth Israel Lahey Health, Boston MA, USA
2	Panel Discussion: TBC	Moderator: TBC
		Panellist TBC
		Panellist TBC
		Panellist TBC
		Panellist TBC

Date	Time	Location
Day 2: 13 October 2023, Friday	Session 2: 0900 – 1030hrs	Room TBC

Symposium 3: The Built Environment & Health

Symposium Lead	Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
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#	Programme Breakdown	Speaker/Panellist
1	Plenary: The Built Environment & Health	Prof Michael Nilsson Director of the Centre for Rehab Innovations & Global Innovation; Chair of Rehabilitation Medicine, University of Newcastle, Australia

With Singapore’s strategic move towards Healthier SG, social determinants of health have gained increasing recognition in its important role in impacting health outcome as we move from “sick care” to preventative healthcare. In the World Health Organization’s International Classification of Functioning, Disability and Health biopsychosocial framework, the built environment and other environmental factors in particular has been recognized as a key factor in determining function and health. During this symposium, we will hear from both local and international speakers starting with a plenary talk followed by a panel discussion representing diverse viewpoints on how the built environment can play a big part in making Singapore a healthier society to live, work and play in.

2	Panel Discussion: The Built Environment & Health	Moderator: Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
		A/Prof Angelique Chan Executive Director - Centre for Ageing Research and Education, Duke-NUS Medical School, National University of Singapore
		A/Prof Ding Yew Yoong Senior Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital; Executive Director, Geriatric Education & Research Institute
		A/Prof Ng Yee Sien Senior Consultant, Department of Rehabilitation Medicine Sengkang General Hospital
		Prof Michael Nilsson Director of the Centre for Rehab Innovations & Global Innovation; Chair of Rehabilitation Medicine, University of Newcastle, Australia
		Dr Tan Weng Mooi Director/ Lead In Health Programme MOH Office of Healthcare Transformation
		Mr Wong Kai Wen Senior Planner, Strategic Research Department, Urban Redevelopment Authority



Date	Time	Location
Day 2: 13 October 2023, Friday	Session 4: 1400 – 1530hrs	Room TBC

Symposium 4: Harnessing Technology For Health

Symposium Lead	A/Prof Tey Hong Liang Head of Research Division and Senior Consultant, National Skin Centre; Clinical Director, Centre of Medtech and Innovation, National Healthcare Group; Associate Professor and co-Director of Skin Research Programme, LKCMedicine, Nanyang Technological University
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#	Programme Breakdown	Speaker/Panellist
1	Plenary: Harnessing Technology for Health	Dr Todd Dollinger Chairman and Chief Executive Officer The Trendlines Group

The panel discussion will discuss various topics relating to the harnessing of technology in healthcare. Through insightful discussion and real-world case studies, the panellists will share their experience, challenges, and success stories in leveraging technology to address the evolving needs of patients, clinicians and healthcare. The panel will delve into various topics including the role of telemedicine and remote patient monitoring in expanding healthcare access to population health and the potential of artificial intelligence and machine learning in accelerating diagnosis and treatment decisions and the impact of wearable devices on preventive care and personalised medicine

Discussion will evolve around how can technology be harnessed to empower individuals in managing their own health. These panellists will share some examples of technological innovations that have transformed population health outcomes. The panellist will discuss and highlight key challenges in harnessing technology for health empowerment, and how can they be addressed. They will share about potential risks and limitations associated with relying heavily on technology in healthcare. Lastly, they will give an overview of how governments and policymakers can support the integration of technology into healthcare systems.

2	Panel Discussion: Harnessing Technology for Health	A/Prof Tey Hong Liang [Moderator] Head of Research Division and Senior Consultant, National Skin Centre; Clinical Director, Centre of Medtech and Innovation, National Healthcare Group Associate Professor and co-Director of Skin Research Programme, LKCMedicine, Nanyang Technological University
		Dr Todd Dollinger Chairman and Chief Executive Officer The Trendlines Group
		A/Prof Loh Yong Joo Head & Senior Consultant, Department of Rehabilitation Medicine, Tan Tock Seng Hospital
		Mr Soh Leng Wan Assistant Chief Executive Officer, Manufacturing & Engineering, Enterprise Singapore
		Dr Pauline Erica Tay Director, National Health Innovation Centre Singapore



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 2: 1100 – 1230hrs	Room TBC

**Track 2A:
Advances in Health Behavioural Studies**

A panel of active academics and clinicians sharing ideas and research findings on recent health behavioural studies in Singapore. Employing methodologies based on behavioural intervention, including ‘nudging’ and other forms of interaction with patients, panellists will share their experiences and insights into the design, implementation and evaluation of behavioural interventions in health care.

Track Lead & Chairperson	Prof KK Luke Professor, School of Humanities President’s Chair in Linguistics, Nanyang Technological University
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Time	Programme/Topic	Speaker
1100 – 1105 (5 mins)	Welcome Address	Prof KK Luke Professor, School of Humanities President’s Chair in Linguistics, Nanyang Technological University
1105 – 1215 (70 mins)	Panel Discussion: Advances in Health Behavioural Studies	Panellist TBC
1215 – 1230 (15 mins)	Q&A	All Speakers



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 2: 1100 – 1230hrs	Room TBC

**Track 1B:
Primary Care Forum**

This year, the Primary Care Forum will focus on changes in recent healthcare related technology, and how it is affecting healthcare. In line with the multiple drivers in Healthier SG, we will also highlight how primary care can contribute to the needs of patients who may be less commonly encountered now, and how we would need to expand our perspectives in order to care for patients of the near future.

Track Lead	Dr Jason Chan Meng Huey Consultant, Family Physician; Assistant Director, Family Medicine Development National Healthcare Group Polyclinics
Chairperson	Dr Darren Seah Senior Consultant, Family Physician; Director, Family Medicine Development; Regional Director (Central Health), National Healthcare Group Polyclinics

Time	Programme/Topic	Speaker
1100 – 1105 (5 mins)	Welcome Address	Dr Darren Seah Senior Consultant, Family Physician; Director, Family Medicine Development; Regional Director (Central Health), National Healthcare Group Polyclinics
1105 – 1125 (20 mins)	Stories Of Our Patients in Family Practice	Asst Prof Lee Eng Sing Senior Consultant; Family Physician, Principal Clinician Researcher Deputy Director, Clinical Research Unit National Healthcare Group Polyclinics
1125 – 1155 (20 mins)	A Life Course Approach to Understanding Health Inequalities: Why and How Do Intermediary and Contextual Factors Matter?	Dr Johan Suen Lecturer, Department of Sociology and Anthropology, National University of Singapore
1155 – 1215 (20 mins)	Universal Health Coverage through Primary Health Care and Capitation Financing: Can We Do Better in Healthier SG	Dr Phua Kai Hong Adjunct Senior Research Fellow, Institute of Policy Studies
1215 – 1230 (15 mins)	Q&A	All Speakers



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 2: 1100 – 1230hrs	Room TBC

**Track 1C:
Globetrotting – Lived Experiences in Population Health**

Singapore is moving towards a population health approach for our health sector. Many countries have also adopted a population health approach for their health and social sector design. What is better? What has worked? What solutions and ideas do we want to adapt for our situation and who do we want to learn from?

In this session, we will hear from people from four different countries with different health systems and hear their lived experiences and their interactions with the health system. From their lived experiences and journeys as a person living in that country, we will learn about how health systems have made their own design choices based on their values and priorities.

This session will inform the audience that Singapore stands at the cusp of a major health sector reform, and we have to collectively make informed choices on the health system we wish to design for the future.

Track Lead & Chairperson	Asst Prof Clive Tan Assistant Chief, Group Integrated Care National Healthcare Group
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Time	Programme/Topic	Speaker
1100 – 1105 (5 mins)	Welcome Address	Asst Prof Clive Tan Assistant Chief, Group Integrated Care National Healthcare Group
1105 – 1125 (20 mins)	TBC	TBC
1125 – 1155 (20 mins)	TBC	TBC
1155 – 1215 (20 mins)	TBC	TBC
1215 – 1230 (15 mins)	Q&A	All Speakers



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 2: 1100 – 1230hrs	Room TBC

**Track 1D:
ACSI: Journey from Clinicians to Scientists and Innovators**

This track is dedicated to celebrating the Clinician Scientists (CSs) and Innovators' (Cis) journeys, their achievements and recognising their challenges. There would be discussions on topics close to the CS/CI's hearts such as the tangible & intangible rewards in navigating through the research/innovation journey, how Innovation could help to translate research findings into healthcare improvements and translating research in population health.

Aside from personal sharing by experienced CSs and CIs, NHG and LKCMedicine are also proud to share about the joint efforts in grooming our research and innovation talents, culminating in the recent establishment of the Academy of Clinician Scientists and Innovators. Here, we will present the plans and initiatives customised to support our next generation of research and innovation leaders in their personal development and preparation to push the envelope in current knowledge and clinical practice.

Track Leads	<p>A/Prof Sunny Wong Hei Associate Professor, LKCMedicine; Programme Director of Microbiome Medicine, LKCMedicine; Assistant Dean, Academic Medicine, LKCMedicine; Scientist Module Lead, Gastrointestinal System, LKCMedicine</p> <p>Asst Prof Yew Yik Weng Consultant, National Skin Centre Assistant Professor, LKCMedicine</p>
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Time	Programme/Topic	Speaker
1100 – 1115 (15 mins)	Welcome Address and Introduction on the ACSI and the Support It Offers	<p>Prof Leo Yee Sin Senior Consultant, National Centre for Infectious Diseases</p> <p>Prof Joseph Sung Dean, LKCMedicine</p>
1115 – 1135 (20 mins)	Talent Development and Mentorship in Research & Innovation	Prof Roger Foo National University Health System
1135 – 1145 (10 mins)	Presentation by NRIA 2023 Joint CS Awardees	-
1145 – 1155 (10 mins)	Health Services Research: What is it and How it can Make an Impact	Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
1155 – 1210 (15 mins)	Sustainable Healthcare through Research-Innovation-Enterprise	A/Prof Tey Hong Liang Head of Research Division and Senior Consultant, National Skin Centre; Clinical Director, Centre of Medtech and Innovation, National Healthcare Group; Associate Professor and co-Director of Skin Research Programme, LKCMedicine, Nanyang Technological University



1210 – 1220 (10 mins)	Translating Research in Population Health	Asst Prof Marie Loh Assistant Professor, LKCMedicine
1220 – 1230 (10 mins)	Q&A	Moderator: A/Prof Sunny Wong All Speakers



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 4: 1600 – 1730hrs	Room TBC

**Track 2A:
Communication in Healthcare: Voices and Perspectives**

Effective Communication’ is a buzz term often reiterated in the healthcare ecosystem and within professional training settings. Indeed, improper communication between stakeholders can result not only in negative patient outcomes and increased healthcare costs through ineffectual care utilization, but also decreased patient and caregiver trust with health systems and care professionals. Clear understanding of information with little ambiguity should ideally be conveyed by all parties and seems to be the obvious overall intention. However, the key constituents for communication that is truly ‘effective’ remain stubbornly nebulous. Moreover, the prevalent issues of healthcare literacy, cultural competency, and language barriers feature prominently as challenges for communicative excellence.

Through a facilitated panel discussion, this session will explore the various communication narratives that exist, underpin and multi-directionally inform healthcare relationships. The track’s diverse panel of experts draw from their scholarly, clinical, educational, and personal lived caregiving experience for an honest and holistic consideration of the various voices present within healthcare. What might be the audible whispers that we strain to hear? How do we tailor our expert voices most efficaciously? How do we train the next generation of effective communicators? The session will conclude with the audience being given the opportunity to showcase their own unique voices through an interactive Q and A segment.

Track Lead & Chairperson	Asst Prof Paul Victor Patinadan Assistant Professor of Psychology, School of Social Sciences, Nanyang Technological University
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Time	Programme/Topic	Speaker
1600 – 1605 (5 mins)	Welcome Address	Asst Prof Paul Victor Patinadan Assistant Professor of Psychology, School of Social Sciences, Nanyang Technological University
1705 – 1715 (70 mins)	Panel Discussion: Communication in Healthcare: Voices and Perspectives	<p>A/Prof Andy Hau Yan Ho Head of Psychology, Associate Professor of Psychology and Medicine, School of Social Sciences, Nanyang Technological University</p> <p>Mr Rethinavel Shanmugam Lecturer, Visual and Performing Arts National Institute of Education</p> <p>Ms Thurga Rajen Lecturer, School of Health Sciences, Ngee Ann Polytechnic</p> <p>Dr Celestine Lim Associate Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital</p> <p>Asst Prof Michelle Chiang Coordinator, Medical Humanities Research Cluster, Nanyang Technological University</p>



1715 – 1730 (15 mins)	Q&A	-
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Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 4: 1600 – 1730hrs	Room TBC

**Track 2B:
Primary Care Forum**

This year, the Primary Care Forum will focus on changes in recent healthcare related technology, and how it is affecting healthcare. In line with the multiple drivers in Healthier SG, we will also highlight how primary care can contribute to the needs of patients who may be less commonly encountered now, and how we would need to expand our perspectives in order to care for patients of the near future.

Track Lead & Chairperson	Dr Jason Chan Meng Huey Family Physician, Consultant, Family Medicine Development National Healthcare Group Polyclinics
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Time	Programme/Topic	Speaker
1600 – 1605 (5 mins)	Welcome Address	Dr Jason Chan Meng Huey Family Physician, Consultant, Family Medicine Development, National Healthcare Group Polyclinics
1605 – 1625 (20 mins)	Precise Advice- What’s Next in Precision Medicine	Prof Tai E Shyong Chief Medical Officer Precision Health Research Singapore
1625 – 1645 (20 mins)	Delivering Precision Public Health to Build a Healthier SG	Mr Terence Ng Director, Innovation Office, Health Promotion Board
1645 – 1705 (20 mins)	“ChatGPT Will See You Now”- Potential Applications of AI	Dr Kenneth Ban Senior Lecturer, Dept of Biochemistry, Yong Loo Lin School of Medicine, National University of Singapore
1705 – 1700 (25 mins)	Q&A	All Speakers



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 4: 1600 – 1730hrs	Room TBC

Track 2C: Mental Resilience

Mental Health can be defined as the ability of an individual to perceive and understand his or her surroundings. It is a state of emotional, psychological, and social wellness. It affects the way we talk, feel and act. Thus, mental and physical health is co-dependent. The ability to cope with adverse conditions is resilience.

In order for resilience to be achieved, the role of protective factors enable the individual’s ability to respond positively to risks and reduce the effects of adversity.

Protective factors have commonly been identified across three levels of functioning: (i) individual (e.g. psychological, physical, neurobiological); (ii) social (e.g. social cohesion, parental support) and (iii) community/society (e.g. support systems, institutional and economic factors).

The session would be an open dialogue between the panellists and audience. Through this session’s plenary discussion, we share use cases of how building protective factors which wrap around the individual, creating supportive (social) networks in communities and how societal and economic factors, can affect mental health and well-being, linking back to how we develop promotion and prevention staging.

Our panellists represent perspectives of those with lived experiences, community partners with advocacy roles, employers in the workplace and practitioners who support those in recovery. They will discuss what it means to form a circle of care where the individual can work and live well in the community.

Track Lead & Chairperson	Adj A/Prof Lee Cheng Senior Consultant; Clinical Director, Office of Population Health Institute of Mental Health
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Time	Programme/Topic	Speaker
1600 – 1605 (5 mins)	Welcome Address	Adj A/Prof Lee Cheng Senior Consultant; Clinical Director, Office of Population Health, Institute of Mental Health
1605 – 1730 (85 mins)	Panel Discussion (Mental Resilience from Different Perspectives)	Adj A/Prof Clare Yeo Senior Principal Clinical Psychologist, Institute of Mental Health Ms Faith Wong Mental Health Advocate Mr Sebastian Seet Clinical Supervisor, ClubHeal Ms Rosemary Soong Chief Human Resource Officer Institute of Mental Health



Date	Time	Location
Day 1: 12 October 2023, Thursday	Session 4: 1600 – 1730hrs	Room TBC

**Track 2D:
Decoding the New Generation of Healthcare Professionals**

Gen Z – the generation of people born after 1995 – is set to form about 1/3 of the workforce in the next decade. Much has been said about how generational differences can influence human behaviour and team dynamics – with attendant consequences on the effective functioning of healthcare teams, workplaces and healthcare systems.

How can we understand, engage and inspire the new generation of healthcare professionals to ensure the future of safe, high-quality care? In an age where many workplace interactions are mediated via technology, how do we build relationships with our Gen Z colleagues and learners to help transform healthcare?

This interactive session, featuring a facilitated panel discussion with speakers drawn from education research and practice, will take a theoretically grounded yet pragmatic approach that will encompass:

- Who: understanding the new generation of healthcare professionals: their needs, values and workplace behaviours
- What: ways of engaging the new generation of healthcare professionals
- How: building coaching and mento

The session is targeted at healthcare professionals who work with, have supervisory relationships over, or teach / train younger colleagues. Equally, we welcome our Gen Z colleagues to join us, to contribute to the ongoing discourse on how we can forge a better understanding of “what makes us tick” and how our disparate experiences can be harnessed to build a better healthcare system for all.

Track Leads	<p>A/Prof Wong Teck Yee Family Physician, Senior Consultant, Department of Continuing & Community Care, Tan Tock Seng Hospital; Education Director, Pre-Professional Education Office, National Healthcare Group Academic Director, NHG College, National Healthcare Group; Associate Professor, LKCMedicine, Nanyang Technological University</p>
	<p>Dr Winnie Teo Deputy Director, Education Research, Group Education, National Healthcare Group</p>

Time	Programme/Topic	Speaker
1600 -1610 (20 min)	<p>Introduction: Decoding the New Generation</p> <ul style="list-style-type: none"> • Who’s Gen Z? • Gen Z and the future of work in healthcare 	<p>A/Prof Wong Teck Yee Family Physician, Senior Consultant, Department of Continuing & Community Care, Tan Tock Seng Hospital</p>
1610 - 1630 (20min)	<p>Who: Gen Z in the Workplace Understanding their values and aspirations</p>	<p>Dr Preman Rajalingam Director, Centre for Teaching, Learning and Pedagogy, LKCMedicine</p>
1630 - 1650 (20 mins)	<p>What: Ways Of Engaging The New Generation New approaches for a changing demographic</p>	<p>Ms Malar Palaiyan Head, University Counselling Centre Registered Counselling Psychologist Nanyang Technological University</p>



<p>1650 - 1710 (20 mins)</p>	<p>How: Building Relationships Coaching and mentoring to build the new healthcare workforce</p>	<p>Dr Winnie Teo Deputy Director, Education Research, Group Education, National Healthcare Group</p>
<p>1710 - 1730 (20 mins)</p>	<p>Panel Q&A; Closing Remarks by Moderator</p>	<p>All speakers</p>



Date	Time	Location
Day 2: 13 October 2023, Friday	Session 6: 1100 – 1230hrs	Room TBC

**Track 3A:
Built Environment for Health**

As a follow on to Symposium 3, we will be hearing different projects and ideas from a diverse group of speakers representing different viewpoints (academic, clinician, policymaker) on how the built environment can play a critical role to play in health outcomes.

Track Lead & Chairperson	Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
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Time	Programme/Topic	Speaker
1100 – 1105 (5 mins)	Welcome Address	Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
1105 – 1120 (15 mins)	Perspectives from an Academic	A/Prof Angelique Chan Executive Director - Centre for Ageing Research and Education, Duke-NUS Medical School, National University of Singapore
1120 – 1135 (15 mins)	Early Detection of Fall Risk and Mitigation Strategies	Dr Navrag Singh Head of Neuromuscular Biomechanics Group, Institute for Biomechanics Department of Health Sciences and Technology, Eidgenössische Technische Hochschule (ETH) Zürich; PI Fall Risk Assessment, Singapore ETH Centre
1135 – 1150 (15 mins)	Perspectives from a Clinician	A/Prof Ng Yee Sien Senior Consultant, Department of Rehabilitation Medicine Sengkang General Hospital
1150 – 1205 (15 mins)	Understanding the role of the Built Environment in Osteoarthritis and Falls: Opportunities for Early Intervention and Promotion of Physical Activity	Dr Tan Yijia Bryan Consultant, Department of Orthopaedic Surgery, Woodlands Health; Clinician-Scientist, LKCMedicine
1205 – 1220 (10 mins)	Perspectives from a Policymaker: Planning An Age-Friendly City	Mr Wong Kai Wen Senior Planner, Strategic Research Department, Urban Redevelopment Authority
1220 – 1230 (10 mins)	Q&A	All Speakers

Date	Time	Location
Day 2: 13 October 2023, Friday	Session 6: 1100 – 1230hrs	Room TBC

**Track 3B:
Design Thinking in Nursing (Workshop)**

Transforming for the future of health is a journey that will require collective effort. In this endeavour, every improvement and innovation count towards this collective vision regardless of sophistication - from frugal point-of-care innovation to cutting edge technologies. In the plethora of trending technologies, how do we stay clear headed to make the right technological application instead of force fitting technology into your challenge? Understanding users of these innovations are pivotal to reap full benefits of your innovation in a sustainable way.

The health design thinking workshop aims to introduce you the principles and methodologies of design thinking in the context of healthcare. Participants will learn the importance of designing solution through a human-centred approach with empathy. They are encouraged to think creatively and explore solutions beyond conventional boundaries to foster creative confidence. Participants will experience the process of conducting user research, identify user needs, generate ideas and prototype their solution to a design challenge.

In addition, the workshop will also emphasize the importance of collaboration and teamwork in developing impactful healthcare solutions. We envision this platform to offer opportunities for networking, knowledge exchange and future collaborations among participants through creative confidence gained in the workshop.

Track Lead & Chairperson	Mr Nat Liew Hai Meng Nurse Manager, Nursing Services Tan Tock Seng Hospital
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Time	Programme/Topic	Speaker
1115 – 1130 (15 mins)	Starting an Innovation initiative with Design Thinking <ul style="list-style-type: none"> • Introduction to Workshop Facilitator • Introduction to Design Thinking • Ice breaking activity 	Mr Nat Liew Nurse Manager, Nursing Services Tan Tock Seng Hospital Mr Christopher Soh Deputy Director, Nursing Services, Tan Tock Seng Hospital Mr James Tan Wan Kun Nurse Manager, Nursing Innovation Bunch, Tan Tock Seng Hospital Ms Joanna Lee Beck Hiang Senior Nurse Educator, Nursing Services, Tan Tock Seng Hospital Ms Belinda Peh Lin Bei Executive Assistant, Nursing Innovation Bunch, Tan Tock Seng Hospital
1130 - 1145 (15 mins)	Introduction to Design Challenge Design a product, service or system for 2030 to address evolving care needs or workforce sustainability in Singapore	All facilitators

	<ul style="list-style-type: none"> Participants will identify and scope their problems through 'user research' and empathy 	
1145 - 1155 (10 mins)	Define <ul style="list-style-type: none"> Scope the problem based on what has been harvested and distilled from 'user research' 	All facilitators
1155 – 1205 (10 mins)	Ideate <ul style="list-style-type: none"> Learning to flip challenges into opportunities - "How Might We" Sketching ideas Choose 	All facilitators
1205 – 1220 (15 mins)	Prototype <ul style="list-style-type: none"> Low-fidelity prototyping 	All facilitators
1220 – 1225 (5 mins)	Test <ul style="list-style-type: none"> Test your ideas with users Refine! 	All facilitators
1225 – 1230 (5 mins)	Conclusion	Mr Nat Liew Nurse Manager, Nursing Services Tan Tock Seng Hospital



Date	Time	Location
Day 2: 13 October 2023, Friday	Session 6: 1100 – 1230hrs	Room TBC

**Track 3C:
Beyond 50 Years of Rehabilitation Care Excellence**

With the national move towards improving population health, value-based care and community enabling, as TTSH celebrates jubilee 50th Year of Rehabilitation Centre services this year, we hope to evolve our services and integrate rehabilitation needs from hospital to community through forming strong partnerships and aligning practices to bring quality rehabilitation to all affected individuals. We also hope to build an ecosystem of innovation where clinicians, therapists and researchers could collaborate in design and co-development of enabling technologies, testbed and validate novel devices and eventually evolve care of providing cost effective rehabilitation technologies through care continuum. Through these with continual investment in research and education will we achieve rehabilitation excellence in tertiary care, academic health and relevant to current population health needs.

Hence, this track will focus on the following:

- Every Moment Rehabilitation Moment Care Philosophy & Enablers: why this is necessary, philosophy for rehabilitation professionals and patients/caregivers to enable rehabilitation moments anytime, anywhere and by anyone and how innovative programs aided by enabling technologies are designed and developed to fulfil this
- Rehab Excellence by Community Partners
- Rehab Research/Innovation Partnerships with Academia/Industry
- Panel discussion on “Achieving Rehabilitation Excellence in a Population Health Focus Post Pandemic World”

Track Leads & Chairperson	Ms Doreen Yeo Sai Ching Chairperson, Allied Health Division, Tan Tock Seng Hospital
	A/Prof Loh Yong Joo Head & Senior Consultant, Department of Rehabilitation Medicine, Tan Tock Seng Hospital

Time	Programme/Topic	Speaker
1100 – 1105 (5 mins)	Welcome Address	Ms Doreen Yeo Sai Ching Chairperson, Allied Health Division, Tan Tock Seng Hospital
1105 – 1120 (15 mins)	Every Moment Rehabilitation Moment (EMRM) Care Philosophy	Mr Lim Pang Hung Senior Principal Physiotherapist, Tan Tock Seng Hospital
1120 – 1135 (15 mins)	Rehab Excellence in the Community	Ms Kelly Hee Principal Physiotherapist, St Luke Eldercare
1135 – 1150 (15 mins)	Proof of Concept on Rehab Care Delivery: A Collaboration with Community Partners	Dr Ong Poo Lee Consultant, Department of Rehabilitation Medicine, Tan Tock Seng Hospital
1150 – 1205 (15 mins)	Developing Rehabilitation Research & Innovation Partnerships with Academia and Industry	A/Prof Karen Chua Sui Geok Senior Consultant, Department of Rehabilitation Medicine, Tan Tock Seng Hospital



<p>1205 – 1230 (25 mins)</p>	<p>Panel Discussion</p>	<p>All speakers & Prof Michael Nilsson Director of the Centre for Rehab Innovations & Global Innovation; Chair of Rehabilitation Medicine, University of Newcastle, Australia</p>
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Date	Time	Location
Day 2: 13 October 2023, Friday	Session 6: 1100 – 1230hrs	Room TBC

**Track 3D:
Community Nutritional Screening (Workshop)**

In local context, there is limited data on the nutritional status of our community dwellers and minimal nutritional screening done in the community. Malnutrition is a serious problem among elderly as it is known to be closely associated with higher mortality and morbidity rates, physical decline, fatigue, reduced quality of life and increased healthcare cost.

NutriCaRe (improving Nutrition and hydration, enhancing Care and Recovery) workflow was introduced by community nurse and dietitian to identify residents in the community who are malnourished or at risk of malnutrition and commence early appropriate nutritional interventions. Thereby, preventing complications of malnutrition as well as to improve their health status and sense of well-being.

This workshop aims to equip participants with basic knowledge to identify malnutrition risks through nutrition screening and being aware of some strategies to improve nutritional intake.

In this workshop, learners will have opportunities to apply their learnt knowledge to various case scenarios and role play.

The workshop also intends to highlight the importance of collaboration, coordination and teamwork, to get everyone on board to this ‘Mission Possible Project’ and walk together towards Healthier SG.

Track Lead & Chairperson	Ms Wang Ling Assistant Nurse Clinician, Community Health, Tan Tock Seng Hospital
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Time	Programme/Topic	Speaker
1100 – 1230 (90 mins)	Be part of Mission Possible Project: Improving Nutrition & Hydration, Enhancing Care & Recovery (NutriCaRe) in Community Dwelling Elderly	Ms Wang Ling Assistant Nurse Clinician, Community Health Tan Tock Seng Hospital Ms Ng Woei Kian Assistant Director, Nursing Services, Tan Tock Seng Hospital Ms Ong Hui Wen Senior Dietitian, Tan Tock Seng Hospital Ms Chng Pey Ling Senior Dietitian, Tan Tock Seng Hospital

Date	Time	Location
Day 2: 13 October 2023, Friday	Session 8: 1600 – 1730hrs	Room TBC

**Track 4A:
Digital Health For Patient Care**

This 90-minute panel will discuss key trends in the use of digital health technologies in Singapore as well as globally and explore how health professionals can leverage these technologies to improve patient care and population health. The panel will feature 4 experts who will share their experiences working with digital health technologies in various upstream and downstream medical care settings, followed by a Q&A session.

Topics covered may include gamification in health technologies (Theng Yin Leng, NTU), digital/mobile rehabilitation robotics (Nicole Wenderoth, Singapore ETH Zurich Centre), telehealth and community care (Gan Teng Fong, FullHealth), and interactive environment design focusing on disability and neurodiversity (Rachel Chen, NTU).

Track Lead & Chairperson	Asst Prof Edmund Lee Assistant Professor, Wee Kim Wee School of Communication and Information; Assistant Director, Centre for Information Integrity and the Internet (IN-cube), Nanyang Technological University
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Time	Programme/Topic	Speaker
1600 – 1605 (5 mins)	Welcome Address	Asst Prof Edmund Lee Assistant Professor, Wee Kim Wee School of Communication and Information; Assistant Director, Centre for Information Integrity and the Internet (IN-cube), Nanyang Technological University
1605 – 1730 (85 mins)	Panel Discussion: Digital Health for Patient Care	Prof Nicole Wenderoth Director of the Neural Control of Movement Lab, ETH Zürich; Director of the Future Health Technologies Programme, CREATE, Singapore Asst Prof Rachel Chen Assistant Professor Nanyang Technological University Prof Theng Yin Leng Professor, Wee Kim Wee School of Communication and Information, Nanyang Technological University; Executive Director, Ageing Research Institute for Society and Education (ARISE) Co-Director, Centre for Health and Sustainable Cities (CHESS) Mr Gan Teng Fong Co-Founder and Chief Executive Officer, FullHealth



Date	Time	Location
Day 2: 13 October 2023, Friday	Session 8: 1600 – 1730hrs	Room TBC

**Track 4B:
Revolutionising Healthcare: Exploring Medtech, Biotech innovations for a Healthier Future**

This innovation-focused track brings together experts, leaders and industry pioneers from both healthcare and technology sectors to explore the latest advancements, trends, and breakthroughs in the field of Medtech and Biotech. Through the track, attendees will gain valuable insights into the innovation and enterprise ecosystem within healthcare. Attendees will also hear from innovators working on cutting edge technologies which are revolutionising patient care, diagnosis, treatment, and healthcare delivery.

Participants will have the opportunity to engage in interactive panel discussions. They will gain insights on emerging trends such in medtech, biotech and digital technology. This track will emphasise on the importance of collaboration between clinicians, scientists and industry experts in the end-to-end creation of medtech and biotech solutions.

Track Lead	<p>A/Prof Tey Hong Liang Head of Research Division and Senior Consultant, National Skin Centre; Clinical Director, Centre of Medtech and Innovation, National Healthcare Group; Associate Professor and co-Director of Skin Research Programme, LKCMedicine, Nanyang Technological University</p>
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Time	Programme/Topic	Speaker
1600 - 1610 (10 min)	Welcome Message and Introduction to Centre for Medical Technologies and Innovations	A/Prof Tey Hong Liang Head of Research Division and Senior Consultant, National Skin Centre; Clinical Director, Centre of Medtech and Innovation, National Healthcare Group; Associate Professor and co-Director of Skin Research Programme, LKCMedicine, Nanyang Technological University
1610 - 1620 (10min)	Introduction to co11ab@Novena and How it Supports Start-ups in the Healthcare Ecosystem	Dr Ervinna Pang Director, co11ab
1620 - 1635 (15 mins)	Unveiling the World’s First RNA-Based Scar Prevention Microneedle Patch	Mr Chan Wen Kiat Chief Executive Officer; Co-Founder, RNAScience Biotech Pte Ltd
1635 - 1650 (15 mins)	TBC	TBC
1650 - 1700 (10 mins)	TBC	TBC
1700 – 1730 (30 mins)	Panel Discussion and Q&A Moderator: Dr Ervinna Pang	Moderator: Dr Ervinna Pang All Speakers and Mr Todd Dollinger Chairman and Chief Executive Officer The Trendlines Group

Date	Time	Location
Day 2: 13 October 2023, Friday	Session 8: 1600 – 1730hrs	Room TBC

Track 4C: Precision Medicine - Precision Diabetes & Metabolic Health

Diabetes mellitus (DM), characterized by elevated blood glucose, is a heterogeneous condition. Majority of people with DM has type 2 DM (T2D). T2D has many faces (i.e., sub-phenotypes). Hence, subtyping T2D into actionable subgroups may be clinically meaningful.

Using classifiers that capture the key biology of T2D (age-onset, BMI, HBA1c, insulin resistance and β -cell reserve), we generated 3 major sub-phenotypes of T2D among Asian with recently diagnosed diabetes. The 3 major subtypes are: Severe insulin resistant diabetes (SIRD), Mild obesity diabetes (MOD) and Mild age-related diabetes (MARD).

These 3 subtypes of T2D showed disparate genetic-susceptibility burden and lipidomics profile. Importantly, they also showed differential long-term cardio-renal trajectories.

Guided by their clinical profile, each subtype of T2D may be considered preferentially for intervention strategies, customized to their underlying biology. For instance, intensive weight management to induce diabetes remission among MOD; intensive cardio-renal retardation for SIRD and multi-domain interventions to ameliorate sarcopenia among MARD. Sub-phenotyping T2D will also facilitate the precision adoption of horizontal care-capabilities e.g., psycho-social-behavioural interventions, diabetes-education, digital-health, biomarkers-discovery etc.

However, all models are wrong. Some are useful. The panellists will share their views on the strength and weaknesses of sub-phenotyping T2D for precision care.

Track Lead & Chairperson	A/Prof Lim Su Chi Senior Consultant; Diabetes Centre, Admiralty Medical Centre Khoo Teck Puat Hospital
Chairperson	Dr Cheng San Chye Assistant Director, Health Outcome & Medical Education Research (HOMER), National Healthcare Group

Time	Programme/Topic	Speaker
1600 - 1605 (5 min)	Welcome Message	A/Prof Lim Su Chi Senior Consultant; Diabetes Centre, Admiralty Medical Centre, Khoo Teck Puat Hospital Dr Cheng San Chye Assistant Director, Health Outcome & Medical Education Research (HOMER), National Healthcare Group
1605 – 1630 (25 min)	Sub-phenotyping Type 2 Diabetes For Precision Diabetes Care	A/Prof Lim Su Chi Senior Consultant; Diabetes Centre, Admiralty Medical Centre, Khoo Teck Puat Hospital

<p>1630 - 1645 (15 mins)</p>	<p>Precision Integration Of Psycho-Social-Behavioural Management For Type 2 Diabetes</p>	<p>Dr Cheng San Chye Health Outcome & Medical Education Research (HOMER), Group Research, National Healthcare Group</p>
<p>1645 - 1730 (15 mins)</p>	<p>Panel Discussion: All Models Are Wrong. Some Are Useful – Discussion On Sub-Phenotyping Type 2 Diabetes For Precision Care</p>	<p>A/Prof Daniel Chew Director, NHG Diabetes & Metabolism Institute</p> <p>A/Prof Sum Chee Fang Senior Consultant, Division of Endocrinology, Khoo Teck Puat Hospital; Admiralty Medical Centre</p> <p>Prof Tai E Shyong, Chief Medical Officer, National Precision Medicine Initiative</p> <p>Prof Thomas Coffman Dean, Duke-NUS Medical School; James R. Clapp Professor of Medicine, Duke University School of Medicine; Director, Duke Cardiovascular Research Centre</p>



Date	Time	Location
Day 2: 13 October 2023, Friday	Session 8: 1600 – 1730hrs	Room TBC

**Track 4D:
Venous Leg Ulcer - A Prospective Effort (Workshop)**

Venous leg ulceration (VLU) is closely related to chronic venous insufficiency, and it affects up to 3 in 1000 people. Prevalence increases with age to about 20 in 1000 people over the age of 80 years. Compression bandage remained the gold standard for management of VLU. In Singapore, majority of multi-layer compression bandages are performed by specialist wound nurses in a hospital outpatient setting. Depending on the condition of VLUs, the treatment plans could demand burdensome weekly reviews which in turn increases transport costs, extensive time off from work etc.

A recent survey of VLUs in Tan Tock Seng Hospital found that about 80% of patients with VLUs would benefit from management at community facilities. Besides proximity to homes, it would increase self-care compliance, thereby improving healing outcomes and reducing overall costs.

This workshop discusses how capability in nursing VLU care in the community can benefit VLU patients. It adopts co-learning and skills demonstration to deepen understanding. Participants will have opportunities to interact with nursing VLU experts. We anticipate much interest from community partners and are expecting stronger connections to explore better accessibility and outcomes for the VLU patient population.

Track Lead & Chairperson	Ms Goh Cheng Cheng Karine Senior Nurse Clinician Nurse Specialty, Tan Tock Seng Hospital
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Time	Programme/Topic	Speaker
1600 – 1730 (90 mins)	Workshop	Ms Tina Lai Pei Ting Nurse Clinician, Nurse Specialty